

Dissertation Topic: Understanding the psychological impact of incarceration on offenders and their reintegration into society.

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Chapter 1: Introduction

1.1 Research Background

Offenders have to address various challenges and pressures in prison that are required to assess them appropriately to survive in prison in terms of adapting to the experience of prison (Dennard et al., 2021). The environment of prison can reflect severe consequences on the mental health of individuals because of locking in jails and prisons for a longer time. According to Mundt and Baranyi (2020), the consequences on the mental health of individuals due to incarceration vary from person to person due to the link of incarceration to mood disorders including bipolar and major depressive disorders among such individuals. It is addressed that more than 22% of female offenders who are either pregnant or have children attempted suicide due to increased depression of incarceration (Dolan, 2020). Therefore, this feeling of anxiety, depression and fear of women losing their children due to prison reflects an increase in the stressful conditions of incarceration for women.

It is assessed that incarceration possesses both the psychological consequences at the time of imprisonment of individuals along with long-term consequences on their overall well-being, behaviour and mental health. The integration of offenders after addressing a prison for a longer time requires an appropriate understanding of the targeted intervention and its consequences by society. In accordance with the study by Stanton and Rose (2020), the psychological consequences that are addressed among individuals due to the incarceration of offenders because of their separation from their children and families tend to increase depression, post-syndrome and stress among offenders. Consequently, the separation of offenders from their families for a longer time can lead to post-incarceration syndrome (PTSD) in which individuals after release from incarceration experience depression and trauma throughout their lives. However, individuals in prison experience abuse, poverty and violence which leads to an increase in trauma resulting in their avoidance of public gatherings and crowded areas and events (Dolan, 2020). In this regard, the lack of privacy, fear of violence and increased anxiety can lead to their increased isolation from public and crowded gatherings.

Offenders during incarceration address a lack of autonomy regarding the accomplishment of their daily tasks including the time of waking, performing chores and eating, all depending on the

instructions and timings of the prison. In light of the study by DeMartini et al. (2022), incarceration for a longer time results in a lack of independence and increased helplessness among individuals which tends to reflect severe consequences on their mental health and overall well-being. Incarceration is characterised by the lack of autonomy, monotony, stimulation and increased boredom of offenders which can enhance their feelings of depression and anxiety along with losing hope for returning to their routine lives (Pękala-Wojciechowska et al., 2021). Consequently, officials need to address psychological barriers and challenges that are addressed by offenders to improve their self-esteem, and worth along with providing practical support to them after completing their prison.

Further, the incarceration experience can also reflect its consequences on the self-worth and identity of offenders. These aspects of self-worth and identity are also addressed by Stanton and Rose (2020), that offenders after experiencing incarceration can struggle with the feeling of guilt and stigma due to possessing a criminal history in society leading to overcoming their confidence and self-esteem. Therefore, the loss of autonomy and independence due to incarceration can also reflect severe consequences on the sense of purpose and agency of offenders which tends to make it challenging for them to develop a positive future for themselves outside of prison in society. Thus, by addressing the consequences of incarceration on offenders societal values and strategies can be improved aiming to improve the reintegration of offenders in society.

1.2 Research Problem

The problem that is addressed while assessing existing literature for this research is that the extent of psychological consequences of incarceration on offenders is debatable and requires addressing the potential conditions and factors that are addressed in a prison environment. The issues of mental health that are addressed by offenders are essential to be addressed for overcoming the post-trauma along with improving relationships and societal values for such individuals (Meyers, Fahmy and Wright, 2024). Thus, these issues of addressing post-traumatic consequences and crucial factors of prison are assessed individually along with limiting the involvement of prisoners in addressing their prison experience. In this regard, this research has focused on addressing the concerns and challenges that are experienced by offenders for improving the strategies and practices of society in terms of improving their integration and development in society after prison.

1.3 Aim and Objectives

This research aims to assess the psychological consequences of incarceration on offenders and their reintegration into society. Following this aim of research, the objectives are provided below:

1. To assess the environment of incarceration by understanding the extent of depression, anxiety, abuse and PTSD among offenders.
2. To understand the behaviour of offenders during incarceration and post-release to improve societal and personal strategies.
3. To assess the challenges that are addressed by offenders after incarceration in achieving resources, support and developing social support due to societal stigma.
4. To understand the potential factors that result in PTSD and lack of autonomy and self-esteem of offenders after release from incarceration.

1.4 Research Questions

1.4.1 Main Question

1. What are the psychological consequences of incarceration on offenders and their reintegration into society?

1.4.2 Sub-Questions

1. What is the environment of incarceration in increasing depression, anxiety, abuse and PTSD among offenders?
2. What is the behaviour of offenders during incarceration and post-release to improve societal and personal strategies?
3. What are the challenges that are addressed by offenders after incarceration in achieving resources, support and developing social support due to societal stigma?
4. What are the potential factors that result in PTSD and lack of autonomy and self-esteem of offenders after release from incarceration?

1.5 Research Significance

This research is essential for future researchers because it has addressed the challenges that are experienced by offenders in incarceration by involving their opinions and behaviours along with focusing on the factors of decreased self-esteem and socialisation of offenders after release from prison. This research is also important because it tends to address societal strategies and support systems for offenders leading to the improvement of their relationship and addressing opportunities for employment, healthcare and housing post-incarceration.

Chapter 2: Literature Review

2.1 Introduction

The literature review chapter helps in exploring various aspects and the broader literature on specific research which tends to increase the understanding and assessment of researchers regarding a certain challenge or aspect of research (Paul and Criad, 2020). In this chapter, the various concepts of incarceration and its consequences on the societal attitudes, support systems and relationship-building of offenders are addressed in terms of changing the strategies of society. Further, this chapter has also addressed a theoretical framework for relating the theories with the societal practices and post-incarceration opportunities and mental health state of offenders along with assessing a potential literature gap. Based on these concepts, this chapter has included a summary for providing information about the key aspects of psychological consequences of prison on offenders.

2.2 Overview of Incarceration

The process of detention of an individual either in a psychiatric or correctional facility is termed incarceration in which criminals are sentenced by a court of law due to reflecting activities that are against law and societal values (Resnik et al., 2020). According to Dolan (2020), incarceration increases the isolation of offenders from their families and societies which leads to inappropriate consequences on their mental health as well as on their overall well-being. Consequently, incarceration provides an inappropriate environment for offenders which results in the loss of autonomy and self-esteem to a broader extent along with post-psychological consequences due to long time imprisonment. On the other, the study by DeMartini et al. (2022), highlighted that the facilities of incarceration lack the involvement of rehabilitation centres which increased traumatic and psychological consequences for offenders due to experiencing an inappropriate and strict environment in jail. Due to the strict regulations in incarceration, offenders have to follow abusive treatments and also violate human rights in terms of punishing them for their illegal acts.

The attitudes of society towards offenders can increase their feelings of stigma, guilt and mental health consequences which can limit the appropriate integration and future development of

offenders appropriately in society. The study by McCulloch and Scraton (2023), addressed the strict regulations and practices in incarceration that can limit the autonomy and freedom of offenders due to violating their rights and increasing abusive treatment by jailers in the manner of overcoming their behaviours and actions towards crime. This lack of autonomy and increased consequences of incarceration on the mental health of individuals has increased the focus of society on developing rehabilitation facilities and providing a chance of improvement to offenders. It is also supported by Pękala-Wojciechowska et al. (2021), that the practices and strategies of society are being changed because of addressing community-based centres and rehabilitation practices in prison for overcoming the criminal behaviour and psychological consequences of prison on offenders. Examples of this change can include the development of drug and justice restorative rehabilitation programmes on the premises of jails.

2.3 Psychological Impact of Incarceration on Offenders

Incarceration reflects severe psychological consequences on offenders because of the pressure that they face to overcome stigma, escape from prison and reintegration after release from imprisonment. According to Dennard et al. (2021), the psychological consequences of imprisonment on offenders is a diverse issue that results in affecting the social relationships, emotional well-being and mental health of offenders. The reason for the deteriorating well-being and mental health of individuals is due to the pressure and trauma addressed by offenders for a longer time. However, the system of justice applies incarceration as a punishment for individuals because of conducting criminal activities, henceforth this act reflects potential psychological consequences on offenders. The study by Cunha et al. (2023), addressed that individuals in incarceration possess increased issues of mental health as compared to individuals possessing an appropriate life in society. The mental health disorders that are experienced by offenders in incarceration involve PTSD (Post-traumatic stress disorder), anxiety and increased depression.

The loss of autonomy of offenders in incarceration is a major issue and reason for depression and PTSD because the loss of freedom and increased hopelessness can increase isolation among individuals. In light of the study by Gueta, Chen and Ronel (2022), offenders experience increased depression and anxiety because of the violence, trauma and challenges that are addressed by them in terms of adopting and understanding the strict environment of the prison. In this regard, the fear of violence, abuse and hopelessness of releasing from prison leads to

increased depression, anxiety and PTSD condition among offenders. On the other hand, Dennard et al. (2021), asserted that the strict environment and treatment of jailers make offenders adaptable either to religion or community practices that are addressed in the respective incarceration. Therefore, offenders are observed to cope with the adverse situation of imprisonment by engaging themselves in the activities of art, planning their appropriate future along with involved in rehabilitation programmes.

The psychological consequences that are observed in offenders are also because of their separation from their families, social gatherings and friends which adds to their grieve depression and can also lead to suicidal attempts in severe cases (Douglas et al., 2020). In accordance with the study by Gueta, Chen and Ronel (2022), the loss of connection of offenders with their social networks and family reflects psychological consequences on their health in terms of increasing feelings of stigma, shame and low self-esteem in society. Therefore, the lack of support of family and social networks due to separation can lead to depression and anxiety among offenders for a longer time. In comparison to the study by Ashton and Bussu (2020), the limited support and social networking opportunities addressed by individuals in their post-incarceration phase can increase their depression and PTSD situation. Society needs to modify its strategies and practices in the manner of developing appropriate opportunities for individuals after release from prison regarding the achievement of adequate employment, social gathering and also housing facilities.

2.3 Barriers to Reintegration

The assessment and addressing of barriers that are experienced by offenders play an essential part in improving the practices and behaviour of society. The study by Dolan (2020), addressed the barriers that are faced by offenders after returning from jail including the prohibition to cast a vote, limited facilities of education, employment and also lack of housing and public facilities. Therefore, societal stigmas can hinder the appropriate reintegration of offenders in society along with increasing feelings of guilt and depression due to addressing the lack of opportunities in society. However, the lack of self-esteem and regaining of confidence of offenders while reintegration into society creates a barrier to involvement in social gatherings and community activities due to their fear of rejection and societal stigma (Resnik et al., 2020). It is observed that individuals possessing a criminal record face the challenges of disqualification from employment opportunities and also rejection from landlords in terms of renting a house to such

individuals. It is also supported by Doyle et al. (2022), that more than 30% of offenders after release from prison have to face barriers in getting an appropriate job and finding a rental house. In this regard, offenders have to address homeless and miserable lives due to non-acceptance and inappropriate societal values and practices towards the acceptance of offenders. Due to the lack of opportunities for housing and employment individuals after releasing from prison face barriers in assessing appropriate facilities for meeting their routine requirements and necessities of life.

The societal stigma towards offenders that results in decreasing their self-esteem and confidence also reflects inappropriate consequences on their rehabilitation and development of relationships on integration in society. According to Ashton and Bussu (2020), individuals possessing a criminal history face challenges to integration into society even after being involved in rehabilitation activities and programmes during and after their prison. This is because they are observed by society through the lens of their past actions instead of their current appropriate practices to lead law-abiding lives appropriately which is required to be considered by society. Conversely, difficulties that are addressed by offenders in rebuilding their trust and relationships with their families and social networks represent potential barriers to their reintegration into society (Meyers, Fahmy and Wright, 2024). Therefore, the development of trust and relationships of individuals during their reintegration period from prison requires an appropriate amount of time and patience of such individuals. Thus, assessing these barriers that are addressed by offenders during their reintegration into society requires an appropriate and multi-dimensional approach of society and policymakers for modifying the existing practices of society.

2.4 Support Programmes and Interventions

Interventions and support programmes are important in assessing the challenges and barriers that are faced by offenders which can be utilised for their appropriate rehabilitation and improving support practices for offenders after their prison. The study by Cunha et al. (2023), reflected that societies are required to address the barriers that are faced by offenders which tends to lower their self-esteem and confidence in terms of providing them with training, therapy and counselling sessions. In this regard, the counselling, training and therapy sessions help individuals to integrate into society appropriately by assessing their concerns. However, these rehabilitation and intervention sessions also require collaboration with governmental practices and services that

can help in providing employment opportunities after the training and rehabilitation of individuals after prison.

The mental health services and support programmes help in assessing the psychological requirements of individuals after their release from prison because offenders face increased depression and anxiety due to addressing trauma in prison for a longer time. In accordance with the study by DeMartini et al. (2022), support and rehabilitation systems must include psychiatrists and psychologists who can help understand the situation of offenders after release and provide them counselling to shape their future appropriately. Consequently, the respective healthcare professionals can assess the consequences of societal situations on the psychological well-being of individuals along with providing them with appropriate counselling and guidance. On the other hand, Pękala-Wojciechowska et al. (2021), assessed that by providing educational opportunities and training to offenders, their skills and knowledge along with successful integration into society can be addressed appropriately. Therefore, training, vocational classes and training can help in improving literacy rates among offenders and also opportunities for their employment and housing that tend to increase their chances of surviving effectively in society.

Another factor to be considered in the evaluation of the reintegration of individuals with a criminal history is the post-release support service, which aims to help the individuals overcome substance misuse, develop coping strategies and control their anger. According to the study of Dennard et al. (2021), these services will provide offenders with the tools to develop resilience and self-confidence, which will lead to a more effective reintegration into society. With the support of the community, people with criminal records can be engaged more to share their views and attitudes and eventually lead positive lifestyles. However, these are different from what Stanton and Rose (2020) indicated that post-release support helps in finding housing for individuals by increasing the assessment of an environment that is stable and supportive. Therefore, these types of intervention and post-release services can provide care management and also educational improvement, employment, and housing opportunities for individuals who are convicted of crimes under criminal laws and practices.

2.5 Theoretical Framework

2.5.1 Cognitive Trauma Theory

The cognitive trauma theory or model of PTSD (post-incarceration traumatic syndrome) refers to the inappropriate trauma memories, coping strategies and torture that lead to the development of PTSD among individuals even after their release from prison (Sütterlin, 2020). According to Gueta, Chen and Ronel (2022), the traumatic conditions that are addressed by individuals during their prison tend to alter their biological memory and decrease their confidence leading to the development of anxiety, depression and PTSD. This situation requires appropriate assistance from healthcare professionals and rehabilitation programmes that aim to guide by addressing their concerns and requirements. In contrast to this, Sargent et al. (2022), highlighted that cognitive trauma theory also helps in improving the societal practices and reintegration of individuals into society. Thus, this theory can be applied in incarceration settings to improve the educational practices and self-confidence of individuals.

2.5.2 Social Support Theory

Social support theory refers to providing emotional and informational support to overcome the likelihood of individuals committing crimes (Chouhy, Cullen and Lee, 2020). The study by Cao and Burton (2022), highlighted that individuals in incarceration require appropriate support services which can help them in overcoming their fear and substance misuse. In this regard, this theory can help in improving the integration of offenders in society appropriately by addressing their traumatic situations and overcoming them by providing educational, housing and social interaction opportunities. In comparison to this, DeMartini et al. (2022), reflected that limited support after prison of individuals can lead to an increased feeling of depression and stress as well as hopelessness which requires social support programmes and healthcare professionals. Therefore, it is essential for social support programmes to address the concerns of individuals and improve their self-esteem. Due to the strict regulations in incarceration, offenders have to follow abusive treatments and also violate human rights in terms of punishing them for their illegal acts. Thus, incarceration increases the isolation of offenders from their families and societies which

leads to inappropriate consequences on their mental health as well as on their overall well-being which is required to be addressed by the application of social support theory.

2.6 Literature Gap

A potential gap that is addressed in existing literature while assessing for this research is that the frequency of psychological consequences of incarceration on offenders is addressed in a debatable manner and requires addressing the potential conditions and factors that are addressed in a prison environment (Sargent et al., 2022). Further, limited research has addressed the issues that are addressed in the post-traumatic phase of individuals and crucial factors of prison are assessed individually along with limiting the involvement of prisoners in addressing their prison experience. Thus, by assessing this gap, the present research has focused on addressing the concerns and challenges that are experienced by offenders to improve the strategies and practices of society.

2.7 Summary

In summary, incarceration increases the isolation of offenders from their families and societies which leads to inappropriate consequences on their mental health as well as on their overall well-being. Incarceration provides an inappropriate environment for offenders which results in the loss of autonomy and self-esteem to a broader extent along with post-psychological consequences due to long time imprisonment. It is also assessed that the facilities of incarceration lack the involvement of rehabilitation centres which increases traumatic and psychological consequences for offenders. This results in affecting the social relationships, emotional well-being and mental health of offenders. Individuals in incarceration possess increased issues of mental health as compared to individuals possessing an appropriate life in society.

Further, the loss of connection of offenders with their social networks and family reflects psychological consequences on their health in terms of increasing the feeling of stigma, shame and low self-esteem in society. However, Society needs to modify its strategies and practices in the manner of developing appropriate opportunities for individuals after release from prison. It is assessed that societal stigmas can hinder the appropriate reintegration of offenders in society along with increasing feelings of guilt and depression due to addressing the lack of opportunities in society. Thus, the lack of self-esteem and regaining of confidence of offenders while reintegration

into society creates a barrier to involvement in social gatherings and community activities due to their fear of rejection and societal stigma.

Chapter 3: Methodology

3.1 Introduction

The methodology chapter helps in assessing the appropriate strategies and methods for gathering and analysing information along with informing other researchers and readers about the assessment of research (Tracy, 2019). In this chapter, the overall methodology including approach, method, philosophy, data collection, ethics and analysis is discussed in detail to inform about the aspects through which the challenges that are addressed by offenders can be overcome by society. Thus, by conducting the session on methodology the outcomes of this research can be assessed and addressed appropriately leading to overcoming the psychological consequences of incarceration on offenders.

3.2 Research Philosophy

This research has involved both the interpretivism and positivism philosophies for assessing the psychological consequences of incarceration on offenders and their reintegration into society. The positivism research philosophy is selected for this research because the psychological consequences of incarceration can be addressed through surveys of existing data to identify patterns and correlations between variables such as frequency of incarceration, psychological outcomes and also the consequences of trauma and abuse on offenders. It is assessed that the positivism philosophy helps in assessing indicators of psychological stress and anxiety among offenders along with addressing the effectiveness of particular programmes of rehabilitation in facilitating reintegration into society by improving societal practices (Resnik et al., 2020).

The study by Kumatongo and Muzata (2021), highlighted that the positivism philosophy helps in assessing and addressing the outcomes of research by generalising the outcomes. In this regard, this philosophy helps in assessing the wider mechanisms of the psychological consequences of incarceration and informs evidence-based policies and practices for improving the practices of society. However, the interpretivism philosophy helps in assessing the subjective aspects of a research and in this research, the respective philosophy is selected for addressing the behaviours and challenges of offenders in their post-incarceration state. This interpretivism philosophy is selected for this research because it tends to address the experiences of offenders by assessing and exploring how incarceration shapes their identities, relationships, and self-esteem

along with developing interventional and rehabilitation strategies. Thus, both the positivism and interpretivism philosophies help in assessing the factors that are involved in the psychological impact of incarceration on offenders and their reintegration into society. They also assist in understanding the complicated factors contributing to more effective policies and interventions that tend to address appropriate strategies for the reintegration of individuals involved in criminal activities.

3.3 Research Approach

This research has involved both the inductive and deductive approaches for assessing the psychological consequences of incarceration on offenders. The “inductive approach”, is chosen for this research because it helps assess the link between the incarceration environment and psychological consequences on individuals along with developing frameworks and structures from the assessed information. According to Hays and McKibben (2021), the generalisability of outcomes of research based on the observations and identified research patterns can be addressed by an inductive approach. In this regard, this approach assists in addressing interviews for understanding the psychological consequences of incarceration on offenders in terms of conducting qualitative interviews. By adopting the respective research, themes of interviews can be generated appropriately in the manner of involving the barriers addressed by offenders during their reintegration into society and psychological consequences along with its frequency on the life of such individuals. Further, the complicated behaviours and experiences of individuals can also be addressed by utilising an inductive approach (Borgstede and Scholz, 2021). Consequently, this approach assisted in addressing the behaviours and experiences of offenders regarding incarceration in terms of addressing their mental health and overall well-being in the post-incarceration phase.

The deductive approach, on the other hand, that is involved in this research assists in addressing theories and testing empirical observations for understanding the psychological consequences of incarceration on offenders. In accordance with the study by Weston et al. (2022), the psychological theories and hypothesis can be assessed by adopting a deductive approach which tends to quantify the outcomes of research in terms of assessing the number of offenders that are affected by the environment of incarceration throughout their lives. In this regard, the respective approach leads to highlighting potential theories involving the concepts of isolation, abuse and

trauma consequences on individuals in incarceration. This approach also assists in addressing structured information and deductive reasoning which tends to increase the generalisability of this research outcome. This is because of assessing the psychological consequences of incarceration on offenders due to its application among a particular study context along with providing reasons for the frequency of mental health including depression, anxiety and PTSD regarding incarceration of offenders.

3.4 Research Method

This research has involved a mixed method in terms of involving both the qualitative and quantitative methods. The study by Borgstede and Scholz (2021), addressed that qualitative interview tends to address the behaviours and experiences of individuals regarding a particular field or circumstances. Consequently, the mixed method for this research has involved a qualitative design for addressing in-depth interviews which tends to assess contextual aspects regarding the experience of individuals in incarceration for a longer time. This research method can also help in assessing the complicated and diverse experiences of offenders along with addressing their resilience aspects, coping strategies and barriers that reflect its consequences on the psychological well-being of offenders in both the post and pre-incarceration phases. Therefore, the qualitative research methods tend to highlight societal stigma and lack of social support along with low self-esteem that is experienced by offenders after release from prison in terms of reintegrating into society. Thus, the respective method helps in addressing the behaviour and experiences of offenders along with assessing the facilities and services that are provided by rehabilitation and intervention centres developed in societies for addressing an appropriate reintegration of offenders into society.

The quantitative research method, on the other hand, assists in surveying and assessing the psychological consequences of incarceration on offenders by involving numerical and statistical aspects in terms of addressing the information from interviews with the selected offenders. The aspect and link of frequency of psychological consequences and challenges that are addressed by offenders can be assessed appropriately by the application of quantitative method which tends to address the severity and issues faced by offenders during incarceration and reintegration into society. The assessment and understanding of psychological aspects during and after incarceration, the progress of mental health symptoms and assessment of appropriate interventions can be

addressed effectively through the adaptation of a quantitative method and this is also the reason for including the respective research method. Further, the descriptive aspects are not addressed by the quantitative method, for which the qualitative method is utilised in this research for assessing the psychological consequences on offenders during and post-incarceration phase in terms of involvement in the activities of society appropriately. Thus, both the methods that are chosen for this research assist in understanding and assessing the psychological consequences of incarceration on offenders and their reintegration into society because of addressing both the descriptive, generalisability aspects and statistical outcomes of the research.

3.5 Data Collection

This research has involved an interview and survey approach for gathering information in terms of addressing both the qualitative and quantitative methods for assessing the psychological consequences of incarceration on offenders and their appropriate reintegration into society. In the aspect of the survey, a quantitative questionnaire is addressed for assessing the standardised assessments of the symptoms of mental health including anxiety, depression, PTSD, Beck Depression Inventory (BDI) and also State-Trait Anxiety Inventory (STAI). The questionnaire of the survey can be assessed in (Appendix 1) which involves a particular age group and criminal history of offenders. However, interviews have also been involved in assessing the psychological consequences of incarceration on offenders in terms of assessing their behaviours and challenges that are faced while reintegrating into society and during their phase of incarceration. The survey of this research is addressed through Google form in which participants have selected options on the Likert scale ranging from 1-10 in terms of addressing the intensity of challenges and psychological consequences on offenders.

The questions that are addressed in the interview of offenders are highlighted in (Appendix 2) which helps researchers assess appropriate strategies and practices for overcoming societal stigma and inadequate practices leading to providing opportunities for employment and education to individuals. The semi-structured interview is involved in this research because it helps in assessing various themes related to the outcomes of the interview and providing interventions for overcoming the psychological consequences of incarceration on offenders. Thus, semi-structured interviews are conducted with the selected participants possessing a criminal history which can

help in addressing the root cause of psychological consequences and its frequency of retention in the life of offenders along with focusing on interventional and rehabilitation practices.

3.6 Sample Size

This research involved 20 participants for survey purposes while 10 participants for the interview from the ones who possessed a criminal history. The selection of the respective participants was addressed through convenience sampling which tends to overcome the aspect of bias because of involving participants that are available at that moment. The respective sample size is thus selected from convenience sampling because it is an easy and free-of-cost method which helps in representing broader population outcomes in a small sample size (Borgstede and Scholz, 2021). Further, both male and female participants are included equally in the interview and survey to overcome the biased outcomes of this research in terms of involving male (n=6) and female (n=4) in the interview, while male (n=10) and female offenders (n=10) in the survey.

3.7 Data Analysis

This research has involved both the descriptive statistics technique and thematic analysis for quantitative and qualitative frameworks respectively for addressing the psychological consequences of incarceration on offenders and their appropriate reintegration of offenders in this research. Descriptive statistics is selected for this research because it helps in addressing the relationship of incarceration trauma with the frequency of psychological consequences on offenders in terms of involving regression analysis and correlation tests with the help of SPSS. However, thematic analysis helps in addressing appropriate themes that are assessed through the semi-structured interview of offenders in the manner of addressing descriptive information about the barriers and traumatic situations that are experienced by offenders. Therefore, the themes are developed by assessing the transcripts of the respective interviews in the manner of highlighting appropriate patterns and also involving methodological coding for the respective transcripts. Further, both the approaches of interview and survey help in addressing the opinions and experiences of offenders in terms of improving the relevance of outcomes of this mixed approach research along with managing information and coding with the help of data analysis software which is termed as SPSS. Thus, both the quantitative and qualitative approaches are addressed through convenience sampling of participants and conducting a cost-free research due to gathering

information from Google Forms for the survey and interviewing through online mediums including Google Meet.

3.8 Critical Attitude towards Source Material (600)

3.9 Ethical Considerations (400)

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Appendices

Appendix 1: Survey Questionnaire

Age of offenders: -----

Gender: Male/Female/Other

Ethnicity: -----

1. How long did your incarceration expand and your year of release?
2. Rate the following on a scale of 1-10:
 - a) I found the environment of prison traumatic and faced increased emotional stress.
 - b) I faced challenges in my reintegration into society.
 - c) Incarceration has reflected consequences on my relationships with family and friends.
 - d) I receive community support.

Appendix 2: Interview Questionnaire

1. Have you experienced societal stigma during the reintegration phase?
2. How did the prison environment reflect consequences on your mental well-being?
3. How long did you address prison and what was the treatment of jailers?
4. What improvements do you require to be included in the support system of individuals transitioning out of incarceration?
5. Did your self-esteem and confidence lower after incarceration?
6. Are you satisfied with the practices of the state government in providing opportunities of housing, employment and education to offenders?